

*The Creative Soul:
Art & The 9 Levels of Self*

Exhibit Catalog

Art Exhibit ~ Events
ArtSpirit Adventures

October 8, 2016 - January 10, 2017

Life Force Arts Center
1609 W Belmont, Chicago
LifeForceArts.org 773-327-7224

*The Creative Soul:
Art & The 9 Levels of Self*

Opening Reception

October 8, 2016, 7 — 10 PM

Closing Reception

January 10, 2017, 7— 9 PM

Free admission to exhibit &
Opening and Closing receptions

Open Gallery Hours

Tuesdays & Thursdays, 1:30 - 6:30 PM
& by appointment

**Artists Featured in
*Art & The 9 Levels of Self***

Steven Blaine Adams	Kumar Javvaji
Linmayu Appavu	Colleen Koziara
Sharon Bechtold	Jessica Kronika
Chris Boyko	Allegra Larson
Jennifer Anne Buckley	Thom Lausch
Mary Burton	Isadora Marie
Nicole Daniels-Javvaji	Lorraine Moretti
Kurt Fondriest	Sharyl Noday
Dorothy Graden	Britt Posmer
John Henderson	Diana Rudaitis
Pat Heydlauff	Sujata Tibrewala

About Art & The 9 Levels of Self

Explore the many levels of Spirit, Soul and Self from which art originates as Life Force Arts Center presents the art exhibit and multiarts show *The Creative Soul: Art & The 9 Levels of Self*, running October 8, 2016 - January 10, 2017 at Life Force Arts Center, 1609 W. Belmont, Chicago IL 60657. Opening Reception is Saturday, October 8, 2016 from 7:30 - 10 PM. Closing Reception is Tuesday, January 10, 2017 from 7 - 9 PM. Open Gallery Hours are Tuesdays and Thursdays 1:30 - 6:30 PM, and by appointment. Admission is free to the exhibit and Opening and Closing Receptions. Workshops, performances and other events related to the theme will be held as part of the show. For more information, please contact Joan Forest Mage, Artistic Director, 773-327-7224, joan@LifeForceArts.org.

Life Force Arts Center's 2016 exhibits, *The Creative Soul* series, explore three different meanings of what art is and why it's important: to awaken sentient experience, to create other worlds through art, play and ritual, and to communicate with the many levels of self.

The Creative Soul: Art & The 9 Levels of Self explores the many levels of Spirit, Soul and Self from which art originates. Based in the theory and practice of Shamanic Expressive Art created by Joan Forest Mage, the 9 Levels of Self are the Integrated Self, Physical Body, Emotional Body, Spiritual Body, Sub-

personalities, Imprints of Individuals, Group Energy, Spiritual Entities and Life Force. These aspects of Self are a map from the innermost landscape to the farthest reaches of external worlds. Knowing and working with these Levels creates profound and powerful healing and artistic expression.

The exhibit features a wide variety of media including painting, photography, sculpture, mixed media and installation. Life Force Arts Center Artistic Director Joan Forest Mage says, "It's fascinating to see the interpretations artists have about the theme. At LFAC, our art exhibits create sacred space in which events become healing rituals: performances, concerts, poetry readings, workshops, lectures are all infused with transformative power to heal and enlighten those present."

Life Force Arts Center (LFAC) is a community of healing-teaching artists who explore the connection of the arts, healing and spiritual practice. We focus on the arts as a common ground of human expression, where artists of diverse spiritual traditions present artistically excellent exhibits, events and publications to awaken human potential, create spiritual transformation and connect audiences to the mystical dimension.

Steven Blaine Adams

Greening the Soul (2016)

16 x 20

Mixed Media: Acrylic & Puzzle Pieces on Canvas

\$400

Hildegard of Bingen created the phrase "greening the soul". The green energy spreads through everything that lives and moves upon the Earth. By preserving nature we open more deeply to an awareness of life that can restore us with a new sense of vitality and well-being.

I chose the Green Man for my subject for the *9 Levels of Self* show because he has been a strong spiritual entity in my life to guide the direction of my art, to teach people the balance of nature and the importance of bringing these principles back into our everyday existence.

We have forgotten who we are
We have alienated ourselves from the unfolding of the
cosmos
We have become estranged from the movements of
the earth
We have turned our backs on the cycles of life.

We have forgotten who we are
We have sought only our own security
We have exploited simply for our own ends
We have distorted our knowledge
We have abused our power

We have forgotten who we are
Now the forests are dying
And the creatures are disappearing
And humans are despairing
We have forgotten who we are
We ask forgiveness
We ask for the gift of remembering
We ask for the strength to change
We have forgotten who we are

*from the liturgy of the United Nations Environmental
Sabbath Project*

Steven Blaine Adams, LFAC Artist in Residence, is an artist and designer who works with natural materials like stones and crystals to create artwork and jewelry with symbolic and spiritual resonance. He is LFAC's Associate Artistic Director and also LFAC's store designer. The son of an astrologer and Tarot reader, Steve has been doing readings professionally for over 30 years, combining the wisdom of Tarot with the healing properties of stones. Steve attributes meditation, art, ritual and spiritual connection as instrumental catalysts in his path towards healing.

Linmayu Appavu

Vivian's Valley (2016)

11 x 14

Acrylic & Collage on Wood

\$67

A dear friend of mine passed away last October, but even since then, she has never been far from me. This depicts a visual message I received from her this past May, after having just withdrawn a commitment that no longer felt right to me. This image advised me that I had done the right thing, and that I had opened the way for a great transformation for many women who were going to come to the work I was still doing, but on a different level.

Linmayu Appavu creates art based on the connections she perceives with spiritual and universal energy. Over the years, she has studied yoga, shamanism, the Bible, ballet, modern dance, Middle Eastern dance, Hawaiian hula, and fashion design; all of these perspectives inform her work.

Linmayu is active in the spiritual community in Chicago and leads women's circles and retreats, in addition to bringing a conscious and loving perspective to her day job in an insurance company call center.

Sharon Bechtold
sharonbechtold.com

Look Deeper (2016)

8 x 10

Digital Print

\$40

Look deeper. Search for underlying truths. Go back and look again, you may have missed something or perhaps you missed everything. The answer is sometimes hidden in the shadows. Do not be afraid to face the darkness.

This artwork is one of 42 images in the cards of Sharon's oracle deck *Cattitude*, a divinely guided tool for self development and inspiration.

Sharon Bechtold, LFAC Artist in Residence, is a Shamanic Practitioner, Artist, Bard, and Teacher. She studied shamanism with Joan Forest Mage in the Life Force Arts Shamanic Training Program, holds the Bardic Grade from the Order of Bards, Ovates and Druids, and is well versed in elemental energy work and reiki. She is a professional award winning pyrographer who has published 5 books on wood burning techniques. A columnist and writer for numerous international print magazines, she also teaches art as energy work throughout North America, has been certified as an Illinois State Artisan and is represented by numerous galleries and collections throughout the world.

Chris Boyko
www.boykoart.com

Longing: craving, eager, pining (2013)

36 x 48

Oil on Canvas

\$800

Longing: craving, eager, pining identifies with imprints of others, the emotional body along with sub-personalities. The inspiration came from watching my dogs attempting to catch other animals in the woods. Their paws pressed against the tree, barking at the animal above. Examining their movement, specifically how they lunged forward each time they barked. Perceiving each lunge in a rhythmic pattern, I composed a figure resembling that movement. With each lunge, one leg is lifted up and moved forward. Consequently, unaware of the direction traveled due to its focus on the figure above.

Cultivate: fertilize, docile, humanize (2014)

8 x 10

Oil on Canvas

\$100

Cultivate: fertilize, docile, humanize is an example of sub-personalities in my artwork. Two figures are plowing the field in an act that resembles dancing. An act often depicted as very intimate. One figure leads

by pulling the other back, creating openings in the earth. The second figure follows by dispersing purple seeds, cultivating the land. The painting symbolizes an artist pushing paint on a canvas and the sprouting thoughts that follow.

Chris Boyko is a surrealist whose artwork consists of bright colors and organic shapes. In the fall of 2014, Chris graduated from Kennesaw State University where he received his Bachelor of Fine Arts (B.F.A.) degree in Visual Arts. As an Atlanta native, he exhibits his work in local galleries and enjoys participating in charity art auctions.

Since 2012, Chris has been exhibiting his artwork in Atlanta. In January 2014, Chris along with three of his peers had their first group exhibition titled *Introductions*, at Kibbee Gallery. He was semi finalist in the 2014 and 2015 *Bombay Sapphire Artisan Series competition* held at Mason Fine Art. He's also had the opportunity to exhibit his own solo exhibition at the Peachtree Branch Library, located across the street from The High Museum of Art. Within the past year, The Missing Slate Magazine and ARTicul ACTION Magazine both published his work in their online magazine.

Chris also volunteers and donates his artwork to numerous charity art auctions within the community. *Hambadge Art Auction* at the Goat Farm and *Toy Party, For the Kid in All of Us* are two of the charity auctions he participates in. He believes it's important

to give back to the community that's helped shape his career.

Jennifer Anne Buckley
www.jenniferannebuckley.com

Self Portrait (2006)

25 x 21 Framed
Acrylic on Canvas
\$5000

My Self Portrait represents the Emotional Body in the 9 Levels of Self. The red, twisted silhouette is intertwined and trapped in a cave that is made up of its own vines. It sits in the darkness, unable to escape.

Jennifer Anne Buckley attended the School of the Art Institute of Chicago and received a B.F.A. in 2003, majoring in drawing and painting. She uses dark colors and abstract shapes in her paintings to depict a darker subject matter.

Her art has been shown in galleries and museums, and in permanent collections throughout the United States since 1986. Her work has been exhibited at the Lancaster Museum of Art in Pennsylvania, University of Chicago, Woodruff Art Center in Atlanta Georgia.

Mary Burton

www.marybearart.com

Golden Sphinx (2016)

13.5 x 11.5 framed
Pyrography on Wood
\$90

Golden Sphinx. This pyrograph of a Grecian sphinx was created in a workshop taught by Sharon Bechtold. It is a continuation of the cat goddesses represented in my work exhibited at Life Force over this past year. The Grecian sphinx has a winged body of a lion, with the breast and upper body of a woman. I am grateful to Steve Adams who made the recommendation to make her golden. I feel as if I know her. In relation to the 9 Levels of Self, the sphinx would be a Spiritual Entity.

Self Portrait (2016)

14 x 17 framed
Prismacolor Marker on Paper
\$40

Self Portrait. This self portrait is based on a photo I took after I returned from vacation in July and seems to suggest a person who is younger and heavier than I am, or someone who is older. Perhaps it represents a possible future or past. It could represent a Sub-Personality or an Imprint of Another Person from the 9 Levels of Self.

Mary Burton (B.A., SUNY Albany; M.F.A., School of the Art Institute of Chicago) the child of diverse parents (Northern European and Russian Jewish) grew up on a farm in upstate New York where she was blessed to be immersed in the beauty of nature and life forms. Observations of light and dark, trees, the seasons and natural phenomena as well as an ongoing quest for meaning inspired explorations of form and line in drawing, printmaking, painting, videography and video image processing. She has exhibited with the Chicago Artists Month, School of the Art Institute BareWalls, School of the Art Institute Fellowship Exhibition and others. A lifelong searcher and student of mysticism and spiritual sciences, her studies include comparative religion, mysticism, symbolism, yoga philosophy, spiritual astrology at the Temple of Kriya Yoga, A Course in Miracles at Unity Church in Chicago, music studies at Old Town School of Folk Music and New Tuners music theater workshop under John Sparks, as well as working for the Urantia Foundation (publisher of The Urantia Book.) She graduated from Life Force Arts Shamanic Training program. Mary's family has been in what is now the U. S. since the 1600's. Her ancestor, Mary Bliss Parsons, was accused and acquitted twice for witchcraft in Cambridge and Boston, Massachusetts.

Nicole Daniels-Jawvaji

Strike. Connection. Grounded. Protection. (2016)

11 x 14

Acrylic on Canvas

\$150

Strike. Connection. Grounded. Protection. depicts a story i read once about a couple who were walking during a storm. The man was struck by lightning, it passed through his hands to hers. They were both knocked down, and arose feeling confused and disoriented. The doctor told them their connection saved them from incurring any damage. I like this story as a reminder of the power of physical and emotional connection.

Serenity (2016)

12 x 12

Acrylic on Canvas

\$150

Serenity. This is the emotional body. When I am in need of some peace, I go to this place in my mind. I watch life happen quietly here.

Nicole Daniels-Jawvaji is an acrylic artist from the northwest suburbs of Chicago. She draws from beauty in nature and outer space for inspiration. Nicole's work often showcases color and form with vibrant

portraits of lilac and lavender, or features the colorful side of space.

Kurt Fondriest

www.healingseedministries.com

In the Field of Children's Prayers (2016)

33 x 40.5 framed

Pastels & Paints on Paper

\$1250

The Field of Children's Prayers is a place where my spirit took me as I had a vision upon asking my creator to take me to such a place. The first marks made on paper had me asking why, and when. The images that took place were ones of a primal language in my soul. I saw an openness of a field as a symbolic space for my thoughts to manifest. These images spoke to me as the holy thoughts of a community of travelers. Those traveling were spiritual entities as children channeling their angelic March into our world called life. This March I witnessed with such admiration and soul. This enables me to see my life as such a march, one which is holy and also is a spiritual path of self creating.

Kurt Fondriest is an expressive arts therapist at Misericordia home in Chicago, where he has worked for more than 22 years. He is an ordained non-denominational minister and certified pastoral counselor, holding a PhD in Holistic Ministries. His

work is based on his life with a chronic pain condition called fibromyalgia. Dr. Kurt sees life as a ministry, a way of expressing one's spiritual connection to others. One of the greatest gifts our creator gives us is the power to love unconditionally; it is through this gift we find ourselves and our work. Let us always remember to not keep the gift of unconditional love but to share this divine blessing with all.

Dorothy Graden

www.dorothygraden.com

Moonlight Stroll of the Rusalkas (2016)

23 x 18.5 framed

Giclee Print

\$120

The Rusalkas, water nymphs, emerge at night to greet the light. They see light within the darkness, it glows with power and energizes the Rusalkas. The creatures below emit bioluminescence and the dark night becomes brilliant with indescribable brilliance. One must know that the Rusalkas are here to remind us that we also are caretakers of the seas and that the spirits watch us with powerful warnings.

Dorothy Graden is an award winning contemporary artist whose art is inspired by Ancient Visions. For over 25 years, Dorothy has traveled through the American West to photograph and draw prehistoric rock art. These rock art images were incised, pecked, abraded and painted on cave and canyon walls and

boulders. Rock Art has been found on every continent except Antarctica. Some sites are 30,000 years old. Many of these sites hold spiritual powers, and many are shamanic.

Dorothy has presented her field work on rock art at the Russian Academy of Science in Moscow and at University College Cork, Ireland. Her photographs have been published in the Theosophical Society's journal, *Quest*. She presents, lectures and exhibits her drawings and ceramic sculptures throughout the Midwest. She draws with great admiration, respect and humility for the ancients who inspire her work.

John Henderson

www.northsuburbancarvers.org/page/399535696

Fairy (2009)

4 x 8 x 4.75

Butternut & Easter Egg Dye

\$550

A woods fairy sitting on a mushroom, ready for take off.

Female Torso (2016)

6 x 3 x 2.5

Unknown Wood

\$200

The Maiden, the Virgin Goddess.

Burning Man (2007)

4.75 x 6.25 x 12

Ariba Wood

\$200

Inspired by the images from the Burning Man Festival.

Dodo (2007)

4 x 4 x 10.25

Ariba Wood

\$200

An abstract form that evolved into what could be the image of the extinct bird.

Innocent (2009)

1.75 x 2.75 x 13.5

Mahogany

\$300

The female form of innocence, she does not yet know what life holds for her, she may be the goddess, she may not.

John Henderson is a retired firefighter. He comes from Pascagoula, Mississippi where he learned whittling by watching his grandfather and father. According to family legend, he is part Cherokee, descended from members of the tribe who escaped to the Smoky Mountains when the rest of the tribe was sent on forced march to Oklahoma on the Trail of Tears.

John Henderson says: I say that I study ancient art. What I mean is that I look at a lot of pictures in books, watch Discovery and History channels and browse on line. When I find an image I like, I design my images in the style I have chosen, not to copy anything, but to create a piece of art that is recognizable in origin of style. Some pieces, especially Egyptian, can not vary too much from the original, in order for it to be recognizable as the intended subject. North West Native American styles allow much more artistic interpretations. I enjoy creating pieces in this style. I do not claim them to be Native American Art; instead, they demonstrate my appreciation of this art. I have also done work in ancient Celtic, Greek, and African styles as well as some Central and South American styles. Abstract shapes and designs pop into my mind often. I grab a pencil and pad and start doodling. At times, images come to me faster than I can sketch, and from one will come another. I see these images in three dimensions, and sometimes have to sketch two or three sketches to put on paper what my mind sees. It's somewhat like a being a writer: you have to put it on paper as soon as possible, so you don't forget the details.

Pat Heydlauff

www.spiritualartwork.net

Tranquil (2016)

20 x 16

Giclee on Canvas

\$295

Tranquil, is the result of universal energy that flows through me so that others might find hope and a deeper spiritual connection. It depicts how color, line, vibration and symbols are an ever present representation of universal energy. *Tranquil* is all about the integrated self. The peace-filled lotus flower is flanked by three leaves representing the physical body, the emotional body and the spiritual body. As the flower has forced its way upward from the decay and muck at the bottom of the water, the three bodies must become aligned in order to become a beautiful blossom or beautiful spiritual human being. It is the profound and powerful life-force energy that brings everything into existence and it is the alignment that allows all of us to bloom and be tranquil or at peace.

Painting for me is the physical expression of my spiritual being. It is the positive “flow” that starts in my heart and travels to my hands...and continues onto a two dimensional canvas projecting three dimensional energy. I endeavor to convey a vital energy through sight with color and design.

I discovered my love for painting in 1993 as I was transitioning out of a stress filled career and exploring my creative side. As a colorist, I painted lively, vibrant mainstream artwork consisting of landscapes, florals and still-lives. Through painting I noticed my life was becoming balanced, and filled with harmony instead of stress. Painting allowed me to discover my spiritual nature and peace within and lead me to paint in a

stream of consciousness flowing with energy. This flow of consciousness energy is visible in my recent “art with a message” canvas work where you can always find hope, peace and joy in the subject matter and every brush stroke.

My inspirational and mainstream artwork can be placed in areas of the home and office to create an environment with balance, harmony and a flow of energy which enriches the viewer.

I believe that in our world today with cement cities, sound pollution and isolated environments, it is difficult to find a place of peace and harmony. The colors and design of my art allow the viewer to escape into a peaceful place and find a glimpse of harmony within.

Pat Heydlauff - a different kind of artist. Two decades ago, she left a stressful position in the corporate world to search for balance and a deeper meaning in life. She found it—in front of an easel. And it wasn't long before she – and others – realized she had a genuine gift.

Much of Heydlauff's art is spiritual; it's art with a message. Her spiritual works are thought-provoking, evocative and inspiring. She uses these elements to incorporate inspirations, balance and harmony into our lives today. Heydlauff is a Feng Shui and “flow of focus” expert, and her work has a sense of movement to it, drawing a sort of visual road map to a life of

less clutter, less stress, and more harmony.

Pat Heydlauff's spiritual art is meant to take the viewer on a visual journey that ends up as a personal journey, as well, holding up a world of possibilities that the viewer may have never considered before. It is calming and colorful, and often reminiscent of a gentler time and place. With lush color and tranquil movement, it's designed to evoke a sense of joy in the viewer.

Heydlauff has exhibited at a variety of galleries and shows, among them the Saatchi Gallery of London in their online gallery; the Juanita K. Hammons Performing Arts Center, Springfield, MO; the Jupiter Town Hall Gallery of Art; the Friends of the Arts, Juno Beach, FL; the Eissey Theater Gallery, Palm Beach Gardens FL and Life Force Arts Center, Chicago; the City Hall of Branson, MO.

Pat Heydlauff, a Florida resident, is the author of two books, *Feng Shui So Easy a Child Can Do It* and *Selling Your Home with a Competitive Edge*. She's a noted leadership and productivity speaker at civic, philanthropic and corporate events, and consults with businesses, organizations and individuals on how to create engaging workplace environments to unleash the flow of focus and personal environments to increase prosperity.

Kumar Jawaji

www.flickr.com/photos/pani-puri

George's Dream-Maker (2016)

14 x 11

Watercolor, \$5 Eastern Caribbean Coin, and Stickers
on Canvas Board

\$81

This piece represents the creator of other worlds that authors dreams. The chimp-child, George, represents our inner child. The watercolor represents the fluidity and seeming permanence of our dreams. In some ways these dreams reflect things we see in the mundane world, yet at a certain point they take on a life of their own. In this work, I wanted to showcase the characteristics of that elusive part of our self we only meet in dreams.

Terra's Power Plant (2016)

15 x 15

Acrylic, Turmeric, acrylic paint, salt and copper-threaded led's on Rice Cooker Cardboard and Carryout Lid

\$121

The earth is the basis for our existence. As such, It merits some representation in how we view our Self. I thought it was appropriate to use a carryout container lid to start this piece, since food and land are inseparable. After going through the creation process in producing "geologic" structures in this work with

red and yellow paint, table salt, blue metallic paint, and turmeric, I felt there was something missing. I discovered a rice cooker cardboard container was a perfect fit for this lid. The lights balanced out the piece by providing a unifying light throughout the work. The lights on copper threads signify the continuity and the energetic connectedness between the life of the earth and the lives of her inhabitants. Finally, I named the piece *Terra's Power Plant* as a play on the initials of the trans-pacific-partnership.

Kumar Jawaji is an acrylic artist from the northwest suburbs of Chicago. He draws from beauty in nature and outer space for inspiration. Kumar's work follows the philosophy of art as medicine, and a vehicle for contemplation and connection. He primarily works in digital collage.

Colleen Koziara

www.mysticalwillow.com

The Ancient (2016)

16 x 20 framed

Watercolor on 300lb Arches Paper on canvas

\$600

The Ancient. Whole. Beautiful. The Ages having brought Spirit and Form to the fullness of their expression. Perfection in all its most individual intricacies made manifest. The magnificent of true beauty.

And still...we cut and trim ourselves, trying to cram ourselves into the shapes others require, request, demand.

Rarely realizing, that the Doors that lead to our dreams, and the keys to open them, lie within our very own branches.

In Life-Death; In Death-Life (2016)

9 x 12

Watercolor on Canvas

\$275

As the season of Samhain approaches we walk on the edge with all our Ancestors and consider our journey to date, and that yet to come.

Colleen says: I grew up in nature with a love the stories in myths, legends and songs. The area was peaceful, gentle and beautiful. Woods, fields, wildflowers, and views of the lake from rosy sunrise to golden sunset. What most amazed me were the intricacies of nature, like the sight of a setting sunbeam, shining through the branches of a tree, illuminating a delicate spider web and transforming that web to a magical world formed of liquid silver. I lived my most formative years immersed in these images and I came to see a personality in nature. It is the years I spent seeing this “secret” face and magic of nature and the stories that it told, that filled me with a desire to make art.

I create images which portray the spirit and humanity

of nature and thereby the nature of humanity and spirit. With my work I intend to capture a moment of magic. That moment where the infinite and the finite merge and it is possible to see the magic once again in all things. I strive to make each of my works a window. I think my best works give the viewer a feeling of this deeper magic being mirrored within themselves.

Colleen Koziara attended the American Academy of Art in Chicago, and currently splits her time working with our Elders and the Arts. Colleen gives workshops and seminars on a variety of topics; Body Art; Custom Tattoo Designs; Visionary Art; and Commissioned pieces manifest from the visions and dreams of her clients.

She has illustrated more than 20 books and has been presenting, writing and providing art for Circle Sanctuary since 2002. She is an award winning designer of programming for seniors, and author of Taking Flight! A Senior Whole Life Wellness Handbook for seniors and caregivers.

Colleen has been an active member of the Pagan community for almost 30 years, is an Ovate member of OBOD, and a Reiki Master. Her work pulls its symbolism, hidden images, flow and color patterns from her experiences and studies. Colleen describes each of her works as “Doorways to the Center”, through which she hopes the viewer will travel to seek that which is hidden deeper within the image, and possibly on their visual journey, find doorways of their own to mysteries hidden deeper within

themselves. Colleen's pieces give voice to the connection between the natural world and the magical realms, helping to reaffirm the magic within, that we all knew so well as children, and tend to lose touch with in our daily lives.

Jessica Kronika
flyngypsyarts.com

Triad of Stargazers (2011)

16 x 20

Oil on Canvas

\$250

Triad of Stargazers comes out of my explorations within the tales of Eve, Lilith and Devi. My oil painting depicts three aspects of the character I call the StarGazer. She is at home in the expanse of prairie, head tipped back to see the spill of sparkling stars across the sky. Her nature is one of curiosity, seeking the inner and outer points of connection with the mysterious and powerful nature of all women, and the Goddess within us all.

Starting the Inner Fire (2009)

8 x 10 oval

Oil on Canvas

\$100

Starting the Inner Fire is a depiction of the part of us that is all powerful and truly capable. Rooted in the heart of each of us is the passionate inner fire which can fuel us in our chosen and fated purpose in this life. Within her hands, this female mage holds a sphere wherein the inner self faces the fire of personal passion and looks deep inside the flickering flames to build a life, a future, a career, a vocation, with all the options she most desires of the fullness that is Life.

Jessica Kronika: My art stems from a dialogue between my spiritual connection to the world of nature and the concepts of goddess mythology. I practice a non-denominational variety of private pagan spirituality, heavily influenced by the ways of meditation, multiple cultural connections to the empowering female divinity and a sense of finding the sacred within Nature. My artistic style incorporates elements of realism and surrealism, in concept, approach and rendering. I utilize many media, striving for the best tools to depict the images I see within. I hold a Bachelor of Fine Arts degree in printmaking and installation, as well as an Associate of Fine Arts degree in painting and drawing. My works draw on the tangible and spectacular aspects of nature, incorporating study *en plein aire* of my subjects as well as research into the lesser known elements of the lives of mythic women, and historical depictions for inspiration.

Allegra Larson
Allegrawillow.com

Muldhara Cobra (2016)

11 x 14

Giclee on Canvas

\$300

The Muldhara, or root chakra, has four petals and is associated by the color red. It represents survival, solidity, grounding, and primal energy. The words I chose to accompany this piece are stability, security, adaptability, and flexibility. I chose the animal to be a Red Spitting Cobra because in the Kundalini tradition, the root chakra (located at the base of the spine) is referred to as a "coiled snake" of primal feminine energy or life force (Shakti). When the snake at the base of the spine is uncoiled through yogic practice (asana, pranayama, etc), the energy shoots up the spine, activating the other six chakras. Kundalini awakening is said to be a path to enlightenment. I also chose the cobra because they are versatile, very physically flexible, and can adapt to many different kinds of environments. I charged this piece using clear quartz and red agate and blessed it with sage.

Svadhithana Tiger (2016)

11 x 14

Giclee on Canvas

\$300

The Svadhisthana, or sacral chakra, has six petals and is represented by the color orange. This chakra is full of active, creative, and sensual energy. I used the image of the Tiger because they are strong and energetic yet affectionate. To me, tigers embody the six attributes written on the petals: vitality, sensuality, creativity, abundance, resilience, and playfulness. The water I used while painting this piece was infused with patchouli oil and charged with clear quartz, tiger's eye, and carnelian.

Manipura Eagle (2016)

11 x 14

Giclee on Canvas

\$300

The Manipura, or solar plexus chakra, has ten petals and is associated with the color yellow. Three attributes of this chakra are labelled: Freedom, Willpower, and Confidence. I chose the Eagle to accompany this piece because the eagle symbolizes freedom. This piece was particularly difficult for me to create and I believe it is because I have multiple illnesses associated with the dysfunction of this chakra. Regardless, I fought through my frustration and ended up creating something I am truly proud of. The water I used while painting this piece was infused with neroli oil, and charged with citrine crystals.

Anahata Wolf (2016)

11 x 14

Giclee on Canvas

\$300

The Anahata, or heart chakra, has 12 petals and is associated with the color green. Six attributes of this chakra are labelled: love, acceptance, generosity, gratitude, compassion, and forgiveness. I chose the Wolf for this chakra because wolves are known for their loyalty to their pack. They can be very loving creatures, social enough to become humanity's best friend, the Dog. Also, many wolf couples are monogamous and mate for life. The water I used while painting this piece was infused with lavender, jasmine, and geranium oils. It was charged with clear quartz and rose quartz.

Vishuddha Elephant (2016)

11 x 14

Giclee on Canvas

\$300

The Vishuddha, or throat chakra, has 16 petals and is associated with light blue. The throat chakra is related to communication, expression, and the way we interact with others. Three attributes are written in this piece: compassion, wisdom, and patience. To me, the elephant symbolizes compassionate understanding; their large ears allow them to listen very well. The Elephant in this piece has face paint that is associated with the Hindu god, Vishnu. The water I

used while painting this piece was infused with frankincense oil and charged with clear quartz, aquamarine, lapis lazuli, and kyanite.

Ajna Crow (2016)

11 x 14

Giclee on Canvas

\$300

The Ajna, or third eye chakra, emanates deep indigo energy, and is associated with wisdom, intuition, insight, truth, and spiritual development. In cultures throughout the world, Crows are considered spiritual messengers and are also associated with wisdom, intuition, and insight. Crows fly high above the world, seeing a larger picture and a larger Truth than their earth-bound relatives. Crows are associated with Death, and see the truth of the interconnection between Life and Death: one cannot exist without the other. As a spiritual guide, the Crow invites us to widen our perception and seek deeper Truths within ourselves and in the world around us. The water I used while painting this piece was infused with a dream oil I made myself using powerful dream herbs such as mugwort, yarrow, bay laurel, and lavender. The painting was charged with clear quartz.

Sahasrara Meditation (2016)

11 x 14

Giclee on Canvas

\$300

The Sahasrara, or crown chakra is associated with the color violet and is represented by a lotus with a thousand petals; in fact, Sahasrara is Sanskrit for "a thousand petals". This chakra is located at the very top of the head, and is the source of enlightenment and one's sense of Divinity. I chose the Human to represent this chakra because humans have an intimate relationship with the Divine. Humans pray; they ponder, meditate, and build massive cathedrals, temples, and statues to honor the Divine. While painting, I charged this piece with amethyst.

Allegra says: I have always had a passion for painting, as well as spirituality and social justice. The creative, diverse culture of my hometown, Madison, Wisconsin, has kindled my desire to become an artist since I began my first childhood doodles. While I have never attended art school, I created independent, self-taught art classes for myself while attending Malcolm Shabazz City High School, an alternative school in Madison. I graduated in 2014. There, I grew interest in becoming an art activist addressing social issues similarly to pieces like Pablo Picasso's "Guernica" and Shepard Ferrey's "The Black Hills Are Not For Sale".

As a proud witch with my roots in the Pagan community of Circle Sanctuary in Barneveld, Wisconsin, my artwork reflects my deeply held respect for nature as an expression of the Divine. Large bonfires, trees, animals, thunderstorms, the sun, stars, and full moon are all recurring themes in my artwork. Pagan gatherings and transformational festivals have

undeniably shaped who I am as an artist. After attending the sacred Beloved Festival in western Oregon, my interest in spiritual expression through art has intensified. I experienced firsthand the emotional impact of the work of visionary artists like Autumn Skye Morrison, Ka Amorastreya, and Mark Henson, and finally understood my calling: to heal the wounds of the world through my art.

I love to use crystals, herbs and essential oils while painting. This way, I infuse my paintings with my own magic. With every brush stroke, I use the power of intention to heal myself and the world around me.

Thom Lausch

www.facebook.com/staineddreams

Sun & Moon Gods (2015)

15.5 x 15.5

Stained Glass

\$180

Sun and Moon Gods shown in their eternal balance of rotation emitting light and darkness and creating harmony.

Praise (2016)

11 x 8

Stained Glass

\$110

Angel of hope lifting her arms to heaven praising God
for all his endless offerings

Christmas Angel (2016)

13 x 10.5

Stained Glass

\$120

The part of yourself that wants to give to others who
are less fortunate, sharing your gifts with others.

Kneeling Angel (2016)

11 x 9

Stained Glass

\$110

Going inward to the deeper level of yourself, to
connect with God or higher power. Praying for what
you need or want.

Peace Angel (2016)

10.5 x 6 x 6

Stained Glass

\$120

The opal color of this piece has the energy of
opening yourself up to new things, new adventures,
new ideas, and embracing all religions and cultures.

Thom Lausch is originally from Pennsylvania and
transplanted to Kansas where he has been living for
the past 16 years. A self taught artist in stained glass

work, he started in May 2013 in his dining room making gifts for friends and neighbors. They suggested that he should make items and sell them professionally. Thom creates designs that he hopes others will enjoy as much as he enjoys making them.

Isadora Marie

Garuda (2012)

25 x 13 x 6

Soft Sculpture

\$800

I've always been fascinated by mythological creatures, especially anthropomorphic ones, so when I started making dolls I naturally used these creatures as a source of inspiration. I styled my Garuda from the Indonesia humanoid bird/man instead of the Hindu representation.

His wooden armature is covered with soft sculpture painted nylon covering. Though Garuda is wearing a mask the doll has a complete face under. The Eagle mask was modeled with Crayola Model Magic and covered with papier-mache to give it strength and create a firm base for the metal-plated beads that give it texture and depth. The lower legs are also made of the Model Magic/ papier-mache and painted with metallic paint. Garuda's hair consists of individual strands of yarn glued and then braided into a single braid that runs down his back. The four wings are fabricated with wired feathers.

Isadora Marie is a multimedia artist focusing on tarot art, dolls, fiber arts, large-format adult coloring books along with Watercolor painting. Additionally she is also a published author. A tarot reader, who has been reading Tarot cards for over twenty years she has created a Photo Tarot deck, using ordinary people as models, costumes and props of her own design and fabrication and image composition under her direction. Gods and Goddesses of different cultures inspire her, and to honor them, she regularly utilizes their images in her artwork, dolls and writing.

Lorraine Moretti

Hula Pele (2016)

16 x 12

Mixed Media

\$400

This artwork is a ritual manifestation of the element of Fire, one of the great forces of nature as revealed by Pele, the Hawaiian goddess of fire, lightning, dance and volcanoes. She is embellished with blood agate, citrine, fire agate, tiger eye, carnelian, garnets, lava rocks, shells, tropical flowers and blazing colors. Within the Self she transforms my personal landscape with the qualities of courage, action, desire and the exotic.

Lorraine Moretti received her M.A. in Inter-Arts Education from Columbia College with a thesis in

Performance Poetry and has been a teacher for many years. She participated in the Jack Kerouac School of Disembodied Poetics at Naropa University in Boulder, Co. and has read her writing at many venues over the years, her favorite being Club Lower Links back in the 80's. In 2014 she completed Shamanic Training Certification under Joan Forest Mage and as an LFAC Artist In Residence has exhibited work in several shows. Lorraine, AKA Lolo, Gypsy Beatnik Priestess of Poetry often holds poetry workshops at LFAC that ritually utilize Tarot, Full Moon and Willow energies.

Sharyl Noday

www.sharylnoday.com

The Choices We Make (2013)

24 x 18

Acrylic on Canvas

\$1050

The Soul chooses growth, that's why incarnation on the physical takes place. In fact anywhere our infinite Soul is, growth is occurring. We grow when ever we express our essence. This can be done in a million of ways. Light and Shadow often reflect the dance of growth, evolving the idea that we are the creators of this reality. I wanted to make a painting that exhibits choices as found in light and shadow. The light shines and illuminates, thus creating forms of shadow

in its cast. Shadow exist because of the light. Light and shadow create a dance thereby aiding in choosing, making choices in the vast emotional landscape that creates our interior. Our own fabric there in.

The faerie tattoo reflects doubt, hesitation energies often found in shadow. As the female has the light in her hand, still there is a reflection of shadow. Which will she choose? We get a hint of her choice because she is illuminated by the light. But, still she is composed of both and on her way to integration. When the self is integrated we become a light energy beings, or Spirit.

In that way choosing is quite powerful. I called this painting "The Choices we Make" as this is part of the ongoing path for growth and enlightenment.

When we are in direct contact, union if you will, with our Soul, all is present, the light, the shadow and the choices therein.

Sharyl Noday says: "My work is about exploring mystical and spiritual beliefs and attitudes. It is through this reflection that I strive to tell a story within the art. It is my intention to offer glimpses into other realities beyond our waking consciousness. In a world filled with change and chaos, there is still hope. It is with this desire, I imagine my art can offer moments of relief thereby aiding in personal peace. I

have always been involved in healing. In this way I aim to provide a mirror into consciousness.”

Sharyl received a certification in Painting from the Art Institute of Chicago and holds a BFA in photography from Art Center College of Design. She is certified as a Energy Healer and Full Trance Channel and Channeling Teacher, holding a position on the Board for Certification of Trance Channeling in Los Angeles, California.

Britt Posmer

The Gospel of Mary (2016)

24 x 36

Acrylic on Canvas

\$499

Utilizing a technique intended to strip the mind of its conscious symbolism, thus activating the deeper resources of the unconscious, as well as the potential for intuition and direct insight, "The Gospel of Mary," as a process piece, engages all of the 9 Levels of Self in a genuinely holistic act of creation. The completed image, in which the Magdalene and the Christ are seen in their power holding hands, illuminates both the presence of unique spiritual entities, the domain of Level 8, and the inseparability of the awakened Heart-Mind from the totality of the Ground of Being, addressed in Level 9. As the "apostle to the apostles," Mary Magdalene had her own mission and ministry whose central teaching was

made explicit in the living relationship of sacred union she shared with her beloved Jesus. In this piece, she is depicted in the fullness of their equality, their entwined grasp the literal and energetic center of the image, and yet turned, as though in motion, empowered to carry her unique message into the world.

An interesting note: I created this piece using a process that involved creating 9 images in 7 days on the same canvas; one paints over the previous image when making the next image. I had created this piece before I heard about the 9 Levels of Self exhibit, but it fits perfectly. I plan to write an article for LFAC's Pantheon online journal describing the process and showing the photos I took of each image that was created and then painted over.

Britt Posmer is a self-taught artist who began spontaneous image-making and writing during a period of critical illness and spiritual awakening. Her work depicts a consciousness and holistic vision that has flowered from a commitment to creative process as both devotional self-emptying and a unique expression of somatic mysticism. Influences that have inspired her recent work include Continuum Movement, the writings of Cynthia Bourgeault, and in particular her insights into the person of Mary Magdalene, Centering Prayer, and the apophatic and kenotic streams as articulated throughout various global spiritual traditions.

Originally trained as a classical ballet dancer, Britt

has spent a lifetime in deep engagement with the body. This orientation led her to become a nationally certified massage therapist, Reiki Master/Teacher, and energy healer, with additional study in Cranial Sacral Therapy, Zero Balancing, Advanced Psychosomatic Character Therapy, Hawaiian and Toltec Shamanism, yoga, and bellydance. She is also exceptionally curious about the constructs of gender and how these shape and influence our notions of body, creativity, spirituality and healing. Britt's first book of poetry, "The Angel and the Heretic" was released in 2015 and was the basis of a performance ritual presented at LFAC.

Diana Rudaitis

Colors of Love (2016)

16 x 20

Acrylic on Burlap

\$150

This painting expresses how I experience the emotions of love. When I meditate on love, I see the colors of teal and pink swirling around me. I feel these colors represent the male and female aspect of this most important emotion.

Sacred Icons (2016)

16 x 20

Acrylic on Canvas

\$150

I have chosen to represent Zeus and the Buddha as examples of spiritual entities. Zeus, a Greek and Roman mythological figure, was King of the Gods and represented all strength, power and paternal energy. The Buddha was a real Indian prince who developed an Eastern philosophy of love, compassion, nonviolence and serenity and non-attachment.

Diana Rudaitis was born in Chicago in 1947 and has lived there all her life. She started drawing and painting when she was a small girl and when she was 11 years old, she won a scholarship for young students at the Art Institute of Chicago. She later took various art classes but is mainly a self taught artist. She has worked in pastel chalks and watercolor pencils, but now paints in acrylics, oil pastels and uses paper and sequins in her work.

Diana recently started painting seriously after retiring for 28 years of service as a Chicago Police Officer, and paints under the name “Danusha” to honor her grandmother who came from Poland. Diana likes to paint human and animal portraits in bright, bold colors and textures, with whimsy and humor. She also paints fantasy and visionary works.

Sujata Tibrewala

pratibimba.info

Which One of These is Me? (2009)

24 x 36

Acrylic on Canvas

\$1500

There are so many of me going around I am not sure which one is me any more.....

Slipping Away (2012)

18 x 24

Acrylic on Canvas

\$700

Is she there, or not?

Can I touch her or not?

Or may be she is just a fragment of my memory, and will disappear in no time, take wings and fly away...

Sujata Tibrewala, LFAC Artist in Residence, is a self taught artist who in 2009 gave up her electrical engineering career for her first love, art. She now uses her knowledge of science to spread art and issues close to her heart.

Born in India, Sujata had successful solo exhibits and conducted many art workshops, some of which resulted in student exhibitions. Sujata moved to the U.S. in 2010. Her works are currently on display at many reputed galleries including the Regional

Commission of Arts, St Louis and Marine Foundation, California. Her noted exhibitions from the past include Life Force Arts Center, Chicago IL; Gateway gallery, St Louis MO; Lalit Kala Academy, New Delhi; and Jawahar Kala Kendra, Jaipur, India. She is an artist member of many artistic organizations including the St. Louis Artists' Guild, Women's Caucus for the Arts, and Art Concoctions. Starting from her school days, Sujata won many awards, and her art has received rave reviews in leading print and electronic media of India and USA. Presently, Sujata resides in San Jose, California. She is a member of the Naperville Art League, FIRE Arts Studio & Gallery, and Woman Made Gallery, Chicago.

Life Force Arts Manifesto by Joan Forest Mage

- 1) We call for a community of artists and audiences to boldly acknowledge, explore and activate The Spiritual Power of Art.
- 2) The Spiritual Power of Art affects EVEYRONE. By spiritual we mean the non-material, including the human spirit, universal energy and mystical experience. Every culture and human being ever known has been powerfully affected by the arts. It is a huge disadvantage to lack awareness of the spiritual dimension of the arts. Everyone can benefit by understanding and utilizing The Spiritual Power of Art, including what we call the Art Continuum (from perception to expression to art) to be aware of how they are affected by The Spiritual Power of Art, and to take charge of consciously activating this power for the highest good of themselves and the planet.
- 3) The Spiritual Power of Art is the elephant in the living room for modern people. All art is inherently spiritual. Yet, modern people, including many in the art world, shy away from discussing the spiritual dimension of both art and human experience.
- 4) The arts are 100,000 years of the technology of consciousness that help us process our perception, expression and communication. The arts already have methods in place for how to perceive, express and communicate anything we need to ourselves, our

fellow humans or the larger world.

5) The arts affect people so deeply because they have perfected the craft of the 3 Modes of Perception and Expression: the senses of hearing, seeing, feeling (auditory, visual and kinesthetic).

6) The Art Continuum is a continuum of experience that begins as basic perception (both of the internal self and the outer world) to expression, communication and interaction with both fellow humans and the larger community of all beings. Art, the craft of perception, expression and communication, is the highest development of this Continuum.

7) There are 4 Fields of human life that art greatly impacts: Communication, Learning, Healing and Community. There has been a tendency for these fields – education, psychology, cultural events – when they are the locus of art activity, to define the spiritual power of art for their own purposes. Vice versa, arts organizations tend to focus on the methodology of creating the art itself, though being aware (often on a subconscious level) of art's powerful influence on learning, healing and community. We propose to stand that on its head: to ask, "What spiritual effect (human spirit, universal energy and mystical experience) does art have?"

8) In the modern world, people have looked to other fields such as psychology and education to define art's power to affect consciousness. It is time for

artists themselves to fully understand and claim the power inherent in their work, and to bring it fully into the 4 Fields (Communication, Learning, Healing and Community). The Art Continuum helps us understand the connection of basic experience, the 4 Fields and the arts, providing the missing link to allow the arts to truly blossom.

- 3 Levels of spiritual power of art: human spirit, universal energy and mystical experience
- The Art Continuum – the 3 Perceptual Modes (auditory, visual, kinesthetic) that are the basis of human perception, communication, healing modalities, learning styles and cultural expression, and that at their highest level of development are called “the arts”
- 4 Fields of human life that the spiritual power of the arts impacts: Communication, Learning, Healing and Community
- 4 Types of spiritual art: Informational, Instructional, Transformational and Cultural

“Other worlds [are] invented in play, invoked in ritual, or fabricated in the arts.” Ellen Dissanayake

About Life Force Arts Center

Life Force Arts Center (LFAC) is a community of healing-teaching artists who explore the connection of the arts, healing and spiritual practice. We focus on the arts as a common ground of human expression, where artists of diverse spiritual traditions present artistically excellent exhibits, events and publications to awaken human potential, create spiritual transformation and connect audiences to the mystical dimension.

Life Force Arts Center was founded in 1988 as a nonprofit, tax exempt 501 (c) 3 organization to present the modern dance and performance work of Joan Forest Mage. The organization grew to support the broader exploration of art and spirituality, opening our own Center in Chicago in 2008.

Life Force Arts Center presents an average of 20 events each month, including performances, workshops, lectures and ceremonies: a total of over 1000 life-transforming events since we opened, with 250 presenters.

The Creative Soul: Art & The 9 Levels of Self is our 30th juried art exhibit in our 8th year of operation. Our shows are based on themes related to the connection of art and spiritual practice, and run from 2 - 4 months each. Our Art Gallery has featured the work of over 150 artists from throughout the U.S. and the world, including Canada, Costa Rica, England, Egypt, France, Ireland and South Africa.

LFAC Artists in Residence are the core artistic staff of Life Force Arts Center. Representing a variety of visual, literary and performing arts disciplines, they lead the production of the Art Rituals, ArtSpirit Adventures and other programs at Life Force Arts Center.

LFAC Artists in Residence 2015– 2016

Steven Blaine Adams
Anna Applegate
Sharon Bechtold
Chris Bednash
Amy Christensen
Sally Cooper
Kat Kidwell
Joan Forest Mage
Cathy McManamon
Lorraine Moretti
Kao Ra Zen
Szmeralda Shanel

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Life Force Arts Center has over twenty events a month focusing on the connection of the arts and spiritual practice. Please check our calendar & sign up for our e-mail list

Visit PANTHEON,
our online journal of Spiritual Art

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Follow us on Twitter

Art & The 9 Levels of Self Exhibit Catalog created
by

Joan Forest Mage, Jaimie Shepardson
& Kat Kidwell

Catalog design by Maggie Baker